

Event 2 Men, 400m Freestyle 1971 and older
12/6/2021 Results

CR 4:08.53 CABANILLAS QUINTANILLA, RAFA00069 BARCELONA-CNSA 30/5/2015

Points: Taula Catalana 2021

Rank			YB			Time			Punts CAT
50+									
1.	MORENO CALDERON, Antonio		71	C.N. Reus Ploms		5:03.61			599
	50m:	35.08 35.08	150m:	1:52.20 38.58	250m:	3:09.19 38.01	350m:	4:25.70 38.24	
	100m:	1:13.62 38.54	200m:	2:31.18 38.98	300m:	3:47.46 38.27	400m:	5:03.61 37.91	
2.	BERNAD BARDAJI, Rafael		68	C.N. Sabadell		5:37.86			435
	50m:	40.05 40.05	150m:	2:05.01 43.20	250m:	3:30.47 43.53	350m:	4:56.77 43.78	
	100m:	1:21.81 41.76	200m:	2:46.94 41.93	300m:	4:12.99 42.52	400m:	5:37.86 41.09	
3.	SANCHEZ MANENT, Lluís Albert		70	C.N. Cerdanyola		5:57.10			368
	100m:	1:26.15 1:26.15	200m:	2:57.84 1:31.69	300m:	4:30.68 1:32.84	400m:	5:57.10 1:26.42	
55+									
1.	CRUELLES PAGES, Pere		64	C.E. Panteres Grogues		5:24.26			530
	100m:	1:16.95 1:16.95	200m:	2:39.81 1:22.86	300m:	4:02.89 1:23.08	400m:	5:24.26 1:21.37	
2.	LATORRE SEGARRA, Francesc		66	C.N. Spartan Sharks		5:30.22			502
	50m:	37.12 37.12	150m:	1:57.23 40.46	250m:	3:21.29 41.91	350m:	4:47.08 42.80	
	100m:	1:16.77 39.65	200m:	2:39.38 42.15	300m:	4:04.28 42.99	400m:	5:30.22 43.14	
3.	BAIGES GIRALT, Joan		64	Cambrils C.N.		6:13.58			347
	50m:	38.83 38.83	150m:	2:09.44 46.25	250m:	3:46.75 49.55	350m:	5:25.78 49.49	
	100m:	1:23.19 44.36	200m:	2:57.20 47.76	300m:	4:36.29 49.54	400m:	6:13.58 47.80	
4.	GARRIDO CASADO, Antonio		62	Club Nagi		6:31.25			302
	50m:	43.23 43.23	150m:	2:20.68 49.54	250m:	4:02.22 50.99	350m:	5:43.83 51.26	
	100m:	1:31.14 47.91	200m:	3:11.23 50.55	300m:	4:52.57 50.35	400m:	6:31.25 47.42	
60+									
1.	MORCILLO ESPUNY, Joan Francesc		61	C.N. Badalona		5:16.25			671
	50m:	36.96 36.96	150m:	1:55.86 39.69	250m:	3:16.70 40.50	350m:	4:37.61 40.00	
	100m:	1:16.17 39.21	200m:	2:36.20 40.34	300m:	3:57.61 40.91	400m:	5:16.25 38.64	
2.	CASTELLO AUQUE, Antoni		58	C.N. Reus Ploms		5:24.15			623
	50m:	37.41 37.41	150m:	1:58.87 41.10	250m:	3:21.37 41.22	350m:	4:44.00 41.25	
	100m:	1:17.77 40.36	200m:	2:40.15 41.28	300m:	4:02.75 41.38	400m:	5:24.15 40.15	
3.	GARRIDO HERNANDEZ, Wenceslao		60	C.N. Catalunya		6:40.17			331
	50m:	44.08 44.08	150m:	2:24.71 51.67	250m:	4:08.47 51.52	350m:	5:51.55 51.43	
	100m:	1:33.04 48.96	200m:	3:16.95 52.24	300m:	5:00.12 51.65	400m:	6:40.17 48.62	
4.	VELASCO POLONIO, Jose Miguel		61	C.N. Prat Llobregat		9:06.90			130
	100m:	2:08.25 2:08.25	200m:	4:28.95 2:20.70	300m:	6:52.49 2:23.54	400m:	9:06.90 2:14.41	
65+									
1.	CAMARA SERRANO, Juan Ma		54	F.P. Claror		6:05.37			439
	50m:	42.25 42.25	150m:	2:14.42 46.43	250m:	3:49.08 47.91	350m:	5:22.21 46.01	
	100m:	1:27.99 45.74	200m:	3:01.17 46.75	300m:	4:36.20 47.12	400m:	6:05.37 43.16	
WDR	GAGO QUERO, Jose Ramon		56	F.P. Claror					

Event 2, Men, 400m Freestyle

70+

1.	SABRIA FIGUERAS, Jaume	47	GEIEG					6:43.92	424
	50m: 46.53	46.53	150m: 2:28.17	53.05	250m: 4:11.36	52.62	350m: 5:54.54	51.39	
	100m: 1:35.12	48.59	200m: 3:18.74	50.57	300m: 5:03.15	51.79	400m: 6:43.92	49.38	
2.	ALCOBA LOGUERCHO, Daniel Raul	48	C.N. Catalunya					8:05.27	245
	50m: 47.36	47.36	150m: 2:50.20	1:04.47	250m: 4:56.22	1:02.74	350m: 7:04.22	1:04.25	
	100m: 1:45.73	58.37	200m: 3:53.48	1:03.28	300m: 5:59.97	1:03.75	400m: 8:05.27	1:01.05	

75+

1.	FARRE GANDUXE, Josep	46	C.N. Sant Andreu					6:34.20	524
	<i>Rècord Catalunya</i>								
	50m: 43.34	43.34	150m: 2:22.42	49.62	250m: 4:03.31	50.13	350m: 5:45.13	51.11	
	100m: 1:32.80	49.46	200m: 3:13.18	50.76	300m: 4:54.02	50.71	400m: 6:34.20	49.07	

80+

1.	HENDRIK DE BRUIJN, Frederik	38	Aquamasters					6:44.38	622
	100m: 1:39.55	1:39.55	200m: 3:21.78	1:42.23	300m: 5:05.70	1:43.92	400m: 6:44.38	1:38.68	